



## FLUFFY BANANA BLUEBERRY PROTEIN MUFFINS

High-Protein / Gluten-Free / Clean-Eating

Recipe by Sari (@feed.your.soul.sari) and featured on MariGoldFoods.com

*"This recipe is perfect to batch and prep, they keep very well in your freezer and are a great high protein treat to keep on hand! They're also so customizable and a perfect base for different mix ins!"*

- Sari

### INGREDIENTS:

- 1 cup mashed banana
- 1/2 cup peanut butter
- 1/2 cup almond flour
- 2 scoops MariGold Creamy Vanilla Whey Isolate Protein Powder
- 1/2 tsp baking powder
- 1/2 cup refined sugar free chocolate chips
- 1/2 cup blueberries



### DIRECTIONS:

1. Preheat your oven to 325°
2. Mix together all ingredients, except chocolate and blueberries.
3. Scoop into muffin liners, then add chocolate chips and blueberries on top.
4. Bake for 10-12 minutes until toothpick comes out mostly clean. (They firm up a lot when cooling.)
5. Cool completely and enjoy!

Featuring MariGold  
Creamy Vanilla Whey Isolate  
Protein Powder  
(MariGoldFoods.com)

